BIKE OR WALK TO WORK DAY FRIDAY 05.15.15

Ride on you own or with a group

Coffee and light refreshments for all participants who bike or walk to work

Contact Paula Nash, NHDOT Wellness Coordinator, to sign up pnash@dot.state.nh.us or 271-0559 BY MAY 7th

Inter-Department Competition

Breakfast

Exercise



Free Stuff

Health

Save \$\$\$

Group rides leaving at 6:30 am from:

- 1. Clinton St. Park & Ride
- 2. Boscawen Park & Ride
- 3. Allenstown NHDOT Patrol Shed

Hazen Drive refreshment and sign in table located in front of the DMV building from

7:00 to 9:00 am















**Bike/Walk to Work Day is Friday, May 15th **

Get fit, be healthy, breathe in the fresh air, and enjoy the free refreshment table set up on Hazen Drive in front of the DMV building from **7am to 9am** when you bike or walk to work.

The warm weather is back and Bike/Walk to Work Day is a perfect time to try leaving your car at home; maybe one day in the spring turns into one Friday a month during the summer, or even once a week! Walking and bicycling have added stress reduction and wellness benefits too; you can burn approximately 400 calories by cycling for just 30 minutes. Perhaps your commute can become part of your weekly aerobic physical activity.

The goal of Bike/Walk to Work Day is to encourage you to try leaving your car at home for a day and to hop on a bike or walk to get where you need to go. Are you concerned that your commute is too long to bike? Carpool or drive to a Park and Ride lot and bicycle or walk from there.

There will be group rides, led by ride leaders and complete with riding directions, that will depart at 6:30 AM from the following locations:

- 1. I-89 Exit 2 Park & Ride Lot Clinton St. Concord
- 2. I-93 Exit 17 Park and Ride Lot, Boscawen (Hannah Dustin Memorial) Route 4, just west of I-93
- 3. Allenstown Patrol Shed 265 River Road Allenstown, just off Route 28

If you're interested in riding in with a group, simply meet up at one of these locations to join in on the fun aroup ride.

We are also planning an "Agency Competition" to see how many individuals from each State Agency on Hazen Drive either walk or bike for any or all of their commute on Bike/Walk to Work Day. Show your allegiance to your Agency and help them earn bragging rights!

TO SIGN UP: Please contact Paula Nash, NHDOT Wellness Coordinator, by May 7th (if you miss the cut-off,

don't worry, your commute will still count; we just want to gauge general interest)

Paula Nash - pnash@dot.state.nh.us or 271-0559

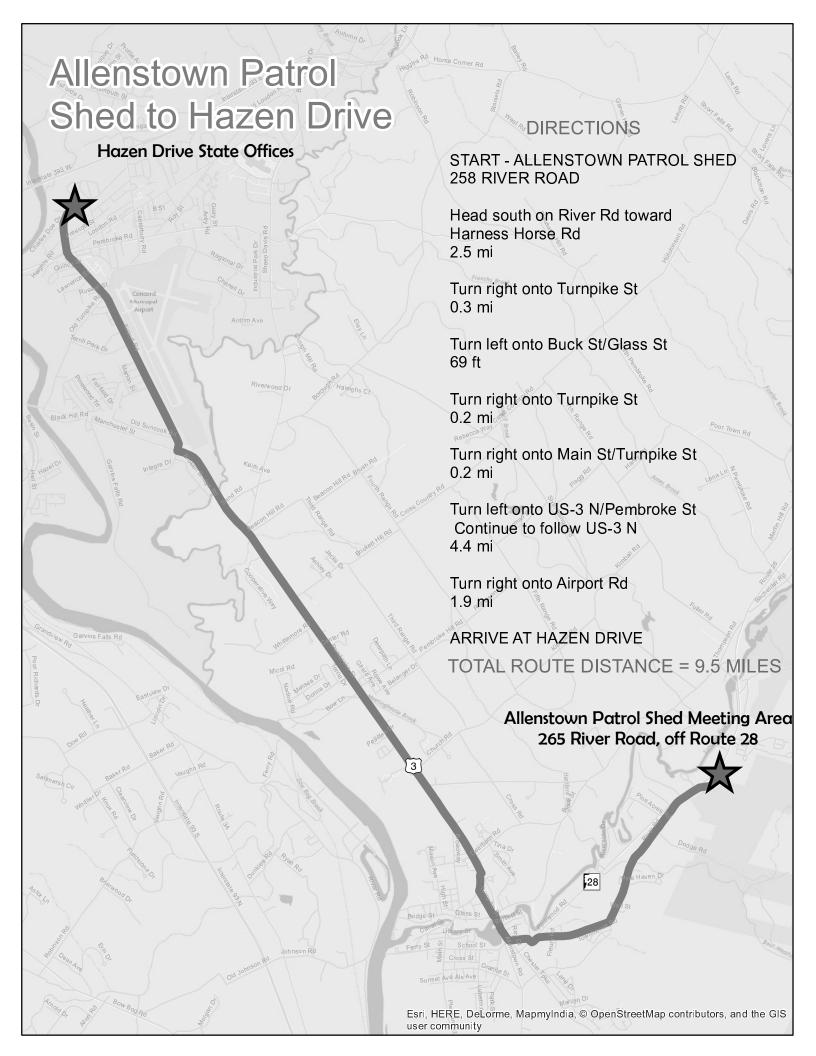
BIKE SAFE: Wear a bicycle helmet & safety vest **WALK SAFE:** Wear a safety vest or bright colors

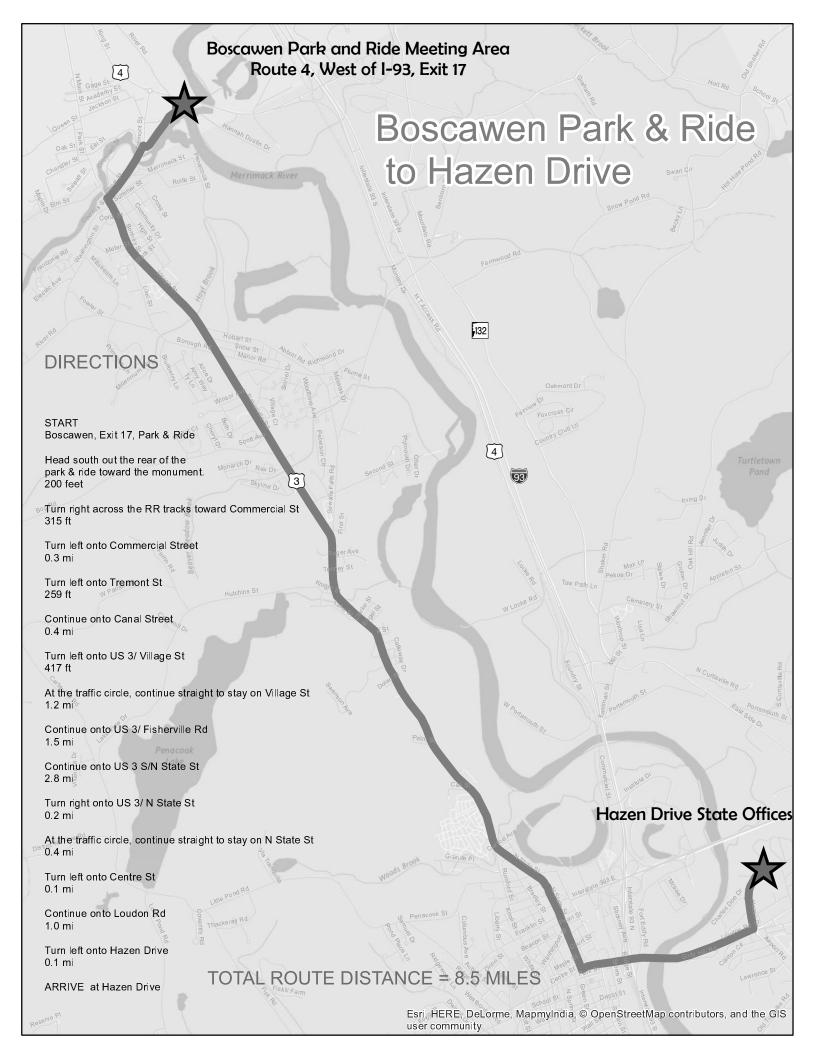
Stay alert, have fun, and if you have questions or concerns about walking or bicycling, contact Erik Paddleford (NHDOT Bicycle & Pedestrian Technician at 271-3320)

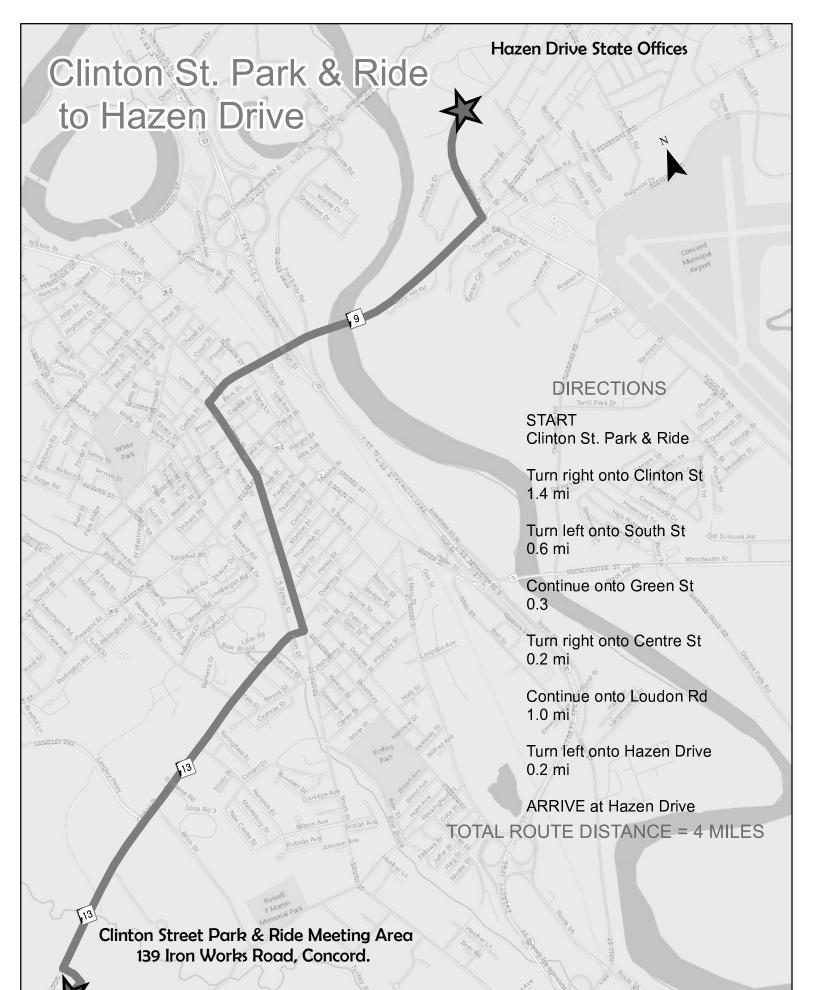












Esri, HERE, DeLorme, MapmyIndia, © OpenStree user community